

Right-Sizing Your Portions



Do You Know ...

... that large portions make us eat more than we are really hungry for?

There's no need to cut out your favorite foods. With smaller portions, you can enjoy food and a healthy weight too!

What's the scoop on portion size?

- **Some individual drink and snack packages contain multiple servings.** A 20-oz soft drink has 2½ servings; a small bag of chips can have 3 to 4.
- **With larger portions, we eat more and drink more** – which means that we get more calories than our bodies really need.
- **Everything is getting bigger and bigger** – fast food portions, restaurant meals, snack packages, dinner plates, glasses - even theatre and stadium seats.

Putting YOU in control of your portions

FOOD PORTIONS

- Use small-sized plates and bowls. You'll feel satisfied with less food.
- Never eat out of a big bag or package. Take out a regular serving, put it into a bowl, and put the package away.

DRINK PORTIONS

- Measure out an 8-oz serving so you know what it looks like. Drink one cup of milk or juice, then switch to water.
- Use skinny glasses rather than wide ones. You'll pour less into them.

Eat to be Fit

6 ways to eat less and enjoy it more

1. Prepare less food at meals.

Large quantities of food make people eat more. If there are leftovers, put them out of sight – and out of mind.

2. Start with a small portion.

Small servings may be exactly what you want – and you can always have more if you are still hungry.

3. Slow down the pace.

Eating slowly enhances enjoyment of meals and snacks – and gives your brain the 20 minutes it needs to know that you are full.

4. Listen to your body's signals.

Your internal cues of hunger and satisfaction can help you eat the right amounts. Listen and stop when you are full, but not stuffed.

5. Eat half, wait 20 minutes.

When you wait (and listen carefully to internal cues), you can be satisfied with smaller-than-usual portions.

6. Eat regularly.

When you have regular meals and snacks, it's easier to be satisfied with smaller portions each time.

Q: *How can I eat less when I am ordering out?*

A: **Think before you order.**



Planning ahead is always smart. Think about how hungry you actually are. Think about ordering extra vegetables. Think about taking half home for another meal. Just think before you order. **Here are three ways to eat less – and save \$\$ too.**

- **Swap super-size for smart size:**

Have it your way with a regular burger, small fries, and a regular soft drink (or better yet, low-fat milk). You can enjoy the taste of your favorite foods – with less than half the calories and fat of most super, biggie, mega-size meals.

- **Share a biggie-size item:**

There is a very smart way to make mega-portions work for your weight and wallet at the same time – share! Any menu item can be shared - appetizers, entrées, salads, sandwiches, and desserts. Cut a sandwich in half or split an order of fries. Order one sweet treat with several forks or spoons.

- **Save half for another time:**

There's no reason why you have to "eat the whole thing." If you are served a large portion, eat half at the restaurant and take half home for another meal. Sometimes it's easier to get a to-go box with your food - and divide the meal before you start eating.



PORTION HELP ONLINE

Want more ideas on choosing smart serving sizes? Want some easy ways to estimate the right portions for your body type and size?

Check out the handouts @ USDA Healthy Portions Kit

www.fns.usda.gov/tn/Healthy/Portions_Kit/serving_size.pdf

www.fns.usda.gov/tn/Healthy/Portions_Kit/sensible_portions.pdf